

EXHIBIT 69

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Ali Saleh Almarri

Hanahan Hotel

VIP wing

Wing B.

Suite # 105 & 106

Dear, FAMILY

Peace be upon who follow the guidance

I have received your letter queeni, thank you for the good news about Jarrallah, home and the DVD. I have one thing to say to you both, May Allah guide your children, nephews and nieces to do what please you and make your hearts tingle so good so much that it hurt, the good way.

Andy, please tell me more about your TV show.

The two Encyclopedias are good, thank you in advance.

Also, would you ask your doctor about what could be the explanation of the following:

A few month ago I start have needle like pain in my testicles down from my hernia operation, they gave me some anti inflammatory medicine and it did good job. However, the pain in the hernia still hurt. The puzzle is this; I have no problem or any pain when I do 3 sets of 21 reps with 40 bound, or do core workout such as side plank for 60 seconds or running at Interval of 10 miles per hour for 30 seconds and 3 miles per hour for 90 second and do that for 16 minutes or run for one hour at slow pace at 5 miles per hour or do leg extension with 150 bound. I do not feel any pain either hours after working out or the next day. With all of this it would not be logical that if I just walk around in the rec. yard for 5 or 10 minutes, I would start having pain in the hernia operation area where it will be painful at a level of 5-7 in a scale of ten and if I continue I will have to set down from the pain. The doctor here is young with an attitude that I do not trust. I do wear the bike tight short for support whenever I workout or walk in the rec. yard.

Now, you are also my medical consultant, it is not enough that you are my pro bona lawyer, supply officer, treasurer, pen pal and social help. In short, that is what my Arabian family would have done and that is why I call you family.

Finally, I hope you and your love one, specially the small ones, is in good health.

J.Y.D.F.E

Ali

الحمد لله
على ما
الذي
PCA

28 Safar 1429

Thursday, March 06, 2008